

# REFLECTIONS FROM ARC



December 2009

## HOT LOG! CELEBRATING THE SOLSTICE AT ARC

I P IN  
MY HOPES TO  
QUIET P ROCESSES AND  
SMALL C IRCLES,  
IN W HICH V ITAL AND  
T RANSFORMING E VENTS  
T AKE P LACE.

◆  
RUFUS JONES

We recently celebrated the Solstice at our guided December retreat, *Coming Home to Ourselves and the World Around Us*.

The dark of the year is a natural time for releasing and letting go: Releasing resentments and regrets into the darkness, knowing they will be transformed. Write about them in your journal or write them on slips of paper, which you can burn in your Yule fire (ours is pictured). Celebrate the Winter Solstice, the time of the longest night and the shortest day. This calming pause in the action invites us to join the beauty of night, encouraging us to delve into the darkness inside ourselves. Yule honors returning light, and renewal.



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EST. 1977

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